

## “Dance and its Forms”

As a part of B. Ed curriculum and for inculcating the values of Drama and Art in Education, Dance Workshop was organized in Gitarattan Institute of Advanced Studies and Training by **Mr. Anuj Kant Sharma and Ms. Dolly** were the resource person of that day and they spoke and demonstrated the features of Western Dance and Classical Dance respectively. The workshop was attended by all the First year B. Ed students.

The workshop started with the session by Mr. Anuj Kant and he shared with the students the importance of dance and how it can be used as a tool of inculcating knowledge to the students. He also gave some relevant examples regarding how dance is a perfect tool to instil creativity along with knowledge and it is indeed a means of joyful learning. After that he apprised the students about different types of dance styles ranging from Jazz and Hip-Hop to different Folk Dances through PowerPoint Presentation. He guided the students regarding poise, postures and expressions. All the students thoroughly enjoyed dancing. Next session was taken by Ms. Dolly. She shared the different aspects of classical dances she hinted at the kind of dedication that is required to excel in the field. She commented that it took her years of practice to learn classical dance and now she it was really worth it. She guided the students about the strength and calmness required along with perseverance in the dance style of their choice. The students found the session really valuable and learnt variety of styles like Punjabi folk dance, Odissi and Kuchipudi.

